

Parks and Recreation - - A Look Ahead

Register for all classes at the Parks and Recreation office, 2276 West Street

Special Recreation Awesome Art

Bring your imagination with you as we explore different kinds of art materials. Be ready to get messy as you use paint, glue and assemble other craft materials to create wonderful pieces of art. This is a hands-on activity with lots of room for choosing what to make. The free event is Friday, March 28, 6:30 to 8 p.m., Germantown Community Library, 1925 Exeter Road.

Living Green in Germantown Outdoor Expo

To help citizens create an environmentally friendly, sustainable household, the Germantown Environmental, Beautification and Parks and Recreation commissions are hosting an outdoor expo focusing a variety of "green topics". All ages are welcome to this free event on Saturday, March 29, from 7 a.m. to noon at Germantown Civic Club Complex, 7725 Poplar Pike.

Special Recreation Dance

The free Spring Fling Dance is Friday, April 11, from 7 to 9 p.m. at Pickering Center, 7771 Poplar Pike. The special recreation dance is for teens and adults with mental, physical or emotional disabilities and their friends and families. For information contact Michelle McDonnell at 757-7382 or mmcdonnell@germantown-tn.gov.

Family Scavenger Hunt

April 5 is the deadline to register for the Family Scavenger Hunt. Bring the family and join a park ranger at the greenway for the nature scavenger hunt within Wolf River Nature Area (main trail head on Wolf River Boulevard next to Texas Gas Line). Bring a camera and a desire for adventure. The free event is Saturday, April 12, from 10 to 11:30 a.m. Space is limited. For more information, contact David Halpern at 751-5703 or dhalpern@germantown-tn.gov.

Dog Obedience

Train a dog to obey commands. Classes are small to ensure individual attention. Trainers should be 18 years or older. Dogs must be at least four months old and current on all vaccinations. Provide vaccination records at the first class. Bring dogs and small treats to the first class, which is held at the Off Leash Dog area, 1695 Riverdale Road. The class meets Mondays, April 7 to May 12, from 6 to 7 p.m. The fee is \$80.

Mountain Dulcimer – Songs in the Key of G

The ability to play a variety of keys is important when playing with other musicians. This class will introduce using chords, a capo and re-tuning to change keys. The course is open to all level of players and some loaner instruments are available. The class is held at Union University, 2745 Hacks Cross Road on Mondays, April 14 to 28, from 7 to 8:20 p.m. The fee is \$70. Register by Monday, April 7 at the Germantown Parks and Recreation office, 2276 West Street. Contact Lee Cagle at 877-7763 or LeeCagleDulcimers.com for information.

Boot Camp at the Park

Boot Camp offers adults back-to-basic exercises such as core and cardio endurance training, calisthenics, strength training and agility drills for all abilities. Boot Camp consists of three main elements: assessment, nutritional guidance and exercise. Individual assessments will include health history, body composition, body measurements and cardiovascular and muscular endurance. Sessions are April 15 through May 24, Tuesdays and Thursdays, from 8:30 to 9:30 a.m. or 6:15 to 7:15 p.m. and Saturdays, from 6:30 to 7:30 a.m., at Johnson Road Park, 2970 Johnson Road. The fee is \$165 for 15 sessions. For more information, call Kris Peters at 573-5067.

Grapevine Wall Hanger

Ever wondered how grapevine wall hangers are created? Find out how and plant one. The instructor will demonstrate how to line and plant a wall hanger using plants that meet at-home lighting requirements. Students will learn about shade and sun annuals perfect for creating a beautiful display for a wall or door. Participants will be provided with an 18-inch grapevine wall hanger, liner, sheet moss, dirt, plants and knowledge. The class is Tuesday, April 22 at 7 p.m., at Good Winds Garden Center, 2238 Sunset Road. The class fee is \$35. Register by Tuesday, April 15 at the Germantown Parks and Recreation office, 2276 West Street.

Internet II

The Internet II course is appropriate for those who have completed introduction to the Internet or have basic Internet skills. The browser used in the class is Internet Explorer 7.0. The class meets on Tuesdays and Thursdays, April 8, 10, 15 and 17, from 9 to 11:30 a.m. at Municipal Center IT training room, 1930 South Germantown Road. Register at the Parks and Recreation office, 2276 West Street. For more information contact Regina Allen at 751-5656 or regina@germantown-tn.gov.

Rockies Rail Highlights

Love beautiful scenery and the enchantment of a train ride? If so, join Germantown Parks and Recreation for an adventure to the Canadian Rockies. A detailed travel brochure is available by calling 757-7376. The trip features the Rocky Mountaineer Train, Sunday to Sunday, September 28 to October 5. The trip fee is \$2,999 double occupancy, \$3,749 single occupancy. For more information contact Regina Allen at 751-5656 or regina@germantown-tn.gov.

Stroll Into Fitness

StrollerFit® is a 50- minute interactive class for moms and other caregivers of babies and young children (6 weeks through 4 years). StrollerFit® combines cardio, strength and core training using strollers and resistance equipment to provide an effective whole-body workout that is fun and challenging. Children are entertained with songs, nursery rhymes and other activities. Classes are ongoing so you may join at anytime, and your first class is free. The class is on Mondays and Wednesdays, from 9:30 to 10:20 a.m. at Johnson Road Park, 2970 Johnson Road. The fee is \$90 for 10 classes, \$175 for 25 classes. There is a one-time \$40 enrollment fee that includes equipment to be used in class or at home. For more information contact Jennifer Gately at 757-8285 or jennifer.gately@strollerfit.com.

Tennis Lessons

Lessons are given once per week, April 14 through May 24, at Municipal Park, 1900 South Germantown Road. The instructor is Brian Rogers, USPTA. Fees are \$75 for ages 4 to 6 years, \$90 for ages 7 years and older and \$180 for Players Group. Private lessons are \$55 per hour or \$30 per half hour. Register at the Germantown Parks and Recreation office, 2276 West Street. For more information contact Natalie Ruffin at 757-7205 or nruffin@germantown-tn.gov.

50 Plus Group

The Germantown 50PlusGroup offers opportunities to meet people, socialize with friends, eat, dance or take a trip.

Square Dancing 101

The Spurs and Saddles Square Dance Club offers a free introduction to this uniquely American dance form the second Wednesday of each month, from 7 to 9:30 p.m. at Pickering Center, 7771 Poplar Pike. Experience great fun and low impact exercise. For more information, contact Moree Baranski at 683-1206 or Jim Bobo at 604-2733.

Party Bridge

Party Bridge is offered Tuesdays, from 9:30 a.m. to 2 p.m. at Pickering Center, 7771 Poplar Pike. The cost is \$2.

ACBL Sanctioned Duplicate Bridge

ACBL Sanctioned Duplicate Bridge is offered Wednesdays at 10 a.m. at Pickering Center, 7771 Poplar Pike. The cost is \$4.

Line Dance Lessons

Easy, beginner and intermediate line dance is offered Thursdays, from 3:30 to 4:30 p.m. at Pickering Center, 7771 Poplar Pike. The cost is \$2. Contact Laura Austin 744-0792 for more information.

Ballroom Dance Lessons

Dance lessons are offered on Fridays, from 10 a.m. to noon at Pickering Center, 7771 Poplar Pike. The cost is \$5 per person. A partner is not necessary.

Evening Ballroom Dances

Ballroom dancing is held the second Tuesday night of each month. Doors open at 6:30 p.m. with dancing from 7 to 9:30 p.m. at Pickering Center, 7771 Poplar Pike. The cost is \$5 per person.

Evening Line Dances

Evening line dance is held the third Friday of each month, from 7 to 10 p.m. Music is provided by Larry Logan. The cost is \$5.

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